

## FIELD UMPIRE PROGRAM C

### WEEK 5

MON	TUES	WED	THUR	FRI	SAT	SUN
28/12	29/12	30/12	31/12	1/1	2/1	3/1
<b>CONDITIONING</b>						
SOLD O/L	<a href="#">BW FLUSH RECOVERY CIRCUIT</a>	TEMPO RUN D	↔	OFF	MIXED PHYSIOLOGY C	↔
<b>CHANGE OF DIRECTION</b>						
		<a href="#">SIDESHUFFLE 5M OUT/BACK TO 30M SPRINT x2 E/s OT60"</a>	↔	OFF	2SETS OF <a href="#">BACK 5M RUN 10M (x3)</a> 60" REST B/W SETS	↔
<b>ROBUSTNESS</b>						
<a href="#">BODY ARMOUR C1</a>		<a href="#">BODY ARMOUR C2</a>	↔	OFF	BODY ARMOUR C1	↔
<b>STRENGTH</b> (You can complete strength on running days – but do so <i>after</i> all conditioning/COD etc.)						
<a href="#">Strength A</a>					<a href="#">Strength B</a>	↔

### TRAINING SEQUENCE

TEMPO RUN D	SOLID O/L	MIXED PHYSIOLOGY C
<a href="#">MOBILITY</a> + <a href="#">WARM UP DRILLS</a>		MOBILITY + <a href="#">T2 WARMUP</a>
COD DRILLS	YOU CAN PICK THE MODALITY BIKE, SWIM, X-TRAINING, BOXING ETC	COD DRILLS
<p>TEMPO RUN C ALL AT <b>70%</b> OF YOUR TOP SPEED</p> <p>ALL START W <a href="#">HALF ARC</a> INTO.. RUN THE 50M ARC LINE x7 REPS OT60" REST 3' THEN...</p> <p>GOAL SQUARE TO CENTRE SQUARE x7 REPS OT40" REST 3' THEN...</p> <p>RUN THE 50M SQUARE x7 REPS OT25"</p> <p>LAST REP SHOULD FEEL LIKE FIRST</p>	<p>LOOKING FOR <b>70'</b> OF HR&gt;135BPM INCLUDING <b>30'</b> OF HR&gt;145BPM</p> <p>(DOES <b>NOT</b> MEAN 100'+ SESSION)</p>	<p><a href="#">85M OT45" OR 15" RUNS OT45"</a> 2x 6' ROUNDS W 4' REST B/W</p> <p><a href="#">1x 3' RUN : 2' WALK</a> <a href="#">2x 2' RUN : 1' WALK</a> <a href="#">2x 1' RUN : 30" WALK</a></p> <p>REST 3-4'</p> <p>3 x 5' STEADY STATE RUNS W 2' B/W (KEEP HR AT 130-155BPM)</p> <p><a href="#">RPE</a> STARTS AT 6-7 BUT FINISHES AT 3</p>
BODY ARMOUR <b>C1</b>	BODY ARMOUR <b>C2</b>	BODY ARMOUR <b>C1</b>